

# COMMUNITY

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## Herb-Roasted Turkey

### Ingredients

- 1 (12-pound) turkey
- 8 fresh thyme sprigs, divided
- 6 fresh rosemary sprigs, divided
- 6 fresh sage sprigs, divided
- ½ tsp. poultry seasoning
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 medium onion, quartered
- 2 stalks celery, cut into 4 pieces
- ½ cup chopped green pepper
- ¼ tsp. paprika
- vegetable cooking spray
- orange wedges (optional)
- green and red grapes (optional)
- additional rosemary, sage and thyme sprigs (optional)

### Preparation

1. Remove and discard giblets and neck from turkey. Rinse turkey under cold running water; pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumstick by inserting one hand, palm side down. Gently press skin to secure.
2. Arrange a thyme sprig beneath skin on each drumstick. Arrange 2 sprigs each of thyme, rosemary and sage beneath skin on each breast half. Gently press skin to secure.
3. Combine poultry seasoning, salt and pepper. Sprinkle body cavity with half of the seasoning mixture.
4. Place 2 onion quarters, 4 celery pieces, chopped green peppers, paprika and 1 sprig each of thyme, rosemary and sage into body cavity. Repeat procedure for neck cavity.
5. If excess skin around tail has been cut away, tuck legs under flap of skin around tail. If excess skin is intact, close body cavity with skewers and truss. Tie ends of legs to tail with cord. Lift wing up and over back, and tuck under turkey.
6. Place turkey, breast side up, on a rack coated with cooking spray; place rack in a shallow roasting pan. Coat turkey with cooking spray. Insert meat thermometer into meaty part of thigh, making sure it does not touch bone. Cover loosely with aluminum foil.
7. Bake at 325° for 2 hours. Uncover; bake 1 hour. Cut cord holding the drumsticks ends to the tail (to ensure that thighs cook internally).
8. Bake, uncovered, 30 additional minutes or until meat thermometer registers 180°. Cover turkey loosely with aluminum foil; let stand 20 minutes.
9. Place on a serving platter; if desired, garnish with fresh herbs, oranges and grapes.

Makes 23 servings.



### Nutrition Analysis

Per serving: 148 calories, 25 g protein, 4 g fat (1 g saturated fat), 0 g carbohydrate, 64 mg cholesterol, 93 mg sodium



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